

Tobacco Smoke Has **What** In It????

Tobacco smoke contains over 7,000 chemical compounds. More than 60 of these are known or suspected to cause cancer. ¹

Listed below are some of the chemicals found in tobacco smoke and instances of other places they are found:

Acetone Finger nail polish remover



Ammonia Toilet cleaner



Methanol Rocket Fuel



Benzene gasoline additive



Arsenic Poison



Carbon Monoxide Car exhaust



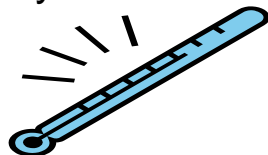
Acrolein pesticide



Vinyl Chloride component of PVC pipe



Mercury found in old thermometers



Cadmium component in batteries



Other things found in tobacco smoke include:

Nicotine (Addictive drug)	Tar (Used on highways)
Lead (Causes brain damage)	Formaldehyde (Embalming fluid)
Butane (cigarette lighter fluid)	Hydrogen cyanide (Chemical weapon)
Nitrous Oxide (poisonous gas)	Acetylene (fuel used in welding torches)

¹ American Cancer Society 2011

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So what happens if you smoke?

Tobacco use accounts for about one-third of all cancer deaths in the United States. Smoking causes about 87% of lung cancer deaths. Smoking also causes cancers of the larynx (voice box), mouth, pharynx (throat), esophagus (swallowing tube), and bladder, and contributes to the development of cancers of the pancreas, cervix, kidney, and stomach. It is also linked to the development of some types of leukemia. Cigars, pipes, and spit and other types of smokeless tobacco all cause cancers, too. There is no safe way to use tobacco.

Smoking causes many types of cancer, which may not develop for years. But cancers account for only about half of the deaths linked to smoking. Long-term, smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema, and stroke, and it makes pneumonia and asthma worse. Wounds take longer to heal and the immune system may be less effective in smokers than in non-smokers. Smoking also damages the arteries. Because of this, many vascular surgeons refuse to operate on patients with peripheral artery disease (poor blood circulation in the arms and legs) unless they stop smoking. And male smokers have a higher risk of sexual impotence (erectile dysfunction) the longer they smoke.

Smoking also causes many short-term effects, such as poor lung function. Because of this, smokers often suffer shortness of breath and nagging coughs. They often will tire easily during physical activity. Some other common short-term effects include less ability to smell and taste, premature aging of the skin, bad breath, and stained teeth.

The Risks of Secondhand Smoke

Secondhand smoke, also known as environmental tobacco smoke (ETS) or passive smoke, is a mixture of two forms of smoke from burning tobacco products:

- **Sidestream smoke:** smoke that comes from the end of a lighted cigarette, pipe, or cigar
- **Mainstream smoke:** smoke that is exhaled by a smoker

When non-smokers are exposed to secondhand smoke it is called involuntary smoking or passive smoking. Non-smokers exposed to secondhand smoke absorb nicotine and other toxic chemicals just like smokers do. The more secondhand smoke you are exposed to, the higher the level of these harmful chemicals in your body.

The 2006 US Surgeon General's report reached several important conclusions:

- Secondhand smoke causes premature death and disease in children and in adults who do not smoke.
- Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes breathing (respiratory) symptoms and slows lung growth in their children.
- Secondhand smoke immediately affects the heart and blood circulation in a harmful way. It also causes heart disease and lung cancer.
- The scientific evidence shows that there is no "safe" level of exposure to secondhand smoke.
- Many millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite a great deal of progress in tobacco control.
- The only way to fully protect non-smokers from exposure to secondhand smoke indoors is to prevent all smoking in that indoor space or building. Separating smokers from non-smokers, cleaning the air, and ventilating buildings cannot keep non-smokers from being exposed to secondhand smoke.²

² all of the above: American Cancer Society http://www.cancer.org/docroot/PED/ped_10_1.asp?sitearea=PED 2011